

Feel better emotionally and physically

## Recovery makes it possible for people to:



Have time to do things they enjoy



Improve their quality of life



Experience less stress

<sup>\*</sup> Center for Mental Health Services (CMHS). (2002). Recovery and Wellness Lifestyle—A Self-Help Guide. HHS Publication No. (SMA-3718). Rockville, MD: Substance Abuse and Mental Health Services Administration. Retrieved September 20, 2011 from http://store.samhsa.gov/shin/content//SMA-3718/SMA-3718.pdf, p. 3.